|  |  |
| --- | --- |
| **Tuscan peasant salad**  Serves: 24 - 30 tastes  Source: mediterrasian.com | |
| **Ingredients**  6 handfuls of lettuce  1 can cannellini beans, drained and rinsed  1 stick celery, washed and sliced  ¼ red onion, finely sliced  4 tomatoes, diced  1 cucumber, diced  1 cup green beans, trimmed and blanched  1 crusty roll, ripped into 1cm pieces  1 teaspoon olive oil  Dressing  2 & ½ tablespoons olive oil  1 & ½ tablespoons balsamic vinegar  ½ clove garlic minced  ¼ teaspoon salt  ¼ teaspoon pepper | **Equipment**  Chopping Board  Baking tray  Knives  Measuring cups and spoons  Salad spinner  Mixing bowls  Jar with tight fitting lid  Saucepan  Baking tray  Serving bowls |
| **What to do:**   * Pre heat oven to 180 degrees * Tear the crusty roll into small pieces, toss with the 2 teaspoons of olive oil and bake for 10 minutes or until dry and crispy, set aside to cool * Wash and spin dry the lettuce * Prepare the tomatoes, cucumber, onion and celery – set aside * Drain and rinse the cannellini beans – set aside * Bring a small saucepan of water to the boil, blanch the trimmed beans for 1 minute, drain and plunge them into cold water to stop the cooking process, once cool, drain * In a large bowl toss all the salad ingredients together * Make the dressing by shaking all the ingredients in a jar with a tight fitting lid * Pour the dressing over the salad, toss to coat * Divide between serving bowls, scatter with crunchy bread pieces and serve | |